

# Lincolnshire Ju Jitsu/Self Defence Syllabus

## Black Belt 3<sup>rd</sup> Dan (113)

Candidates must be qualified to instruct and teach regularly

- defence against left or right hand punches
- defence against left or right kicks
- defence against multiple attacks (5)
- circle training
- demonstrate all left and right punches
- demonstrate all left and right kicks
- 1 to 11 advanced locking techniques
- 1 to 11 kneeling arm and wrist locks
- 1 to 11 wrist lock lock applications
- baton techniques (15, including 6 of own design)
- knife techniques (13)
- Roundhouse Kick
- Side Snap Kick
- Back Kick
- 20 non-syllabus techniques of own choosing
- Kubotan 1-9
- Nerve Points 1-9